

Division of Mental Health & Addiction Services  
**wellnessrecoveryprevention**  
*laying the foundation for healthy communities, together*

**State of New Jersey**

**Department of Human Services**

**Division of Mental Health and Addiction Services**

***New Jersey's Successful  
Implementation of  
The Common Ground Approach***

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# The Common Ground Approach

A Collaboration among Leadership within the  
NJ Division of Mental Health & Addiction Services

*Pat Deegan, Ph.D.*

*Staff of Pat Deegan Associates*

*Staff and Community Wellness Centers*

*of*

*Collaborative Support Programs*

*of New Jersey*

# What is “The Common Ground Approach?”

- A mechanism to transform mental health and substance use disorder services to a person-centered, recovery and wellness orientation.
- Practice of shared decision-making
- Mastering use of Recovery Library Training
- Coaching Webinars (8)
- 3 Toolkits
  - Power Statements
  - Personal Medicine
  - Decision Support Toolkit

# Sites where Common Ground Approach was successfully adapted:

Self-Help Centers

Community Wellness Centers

Peer Respite

Hospital On-Grounds Centers

Recovery Centers

EISS

Partial Hospital Program

Supportive Housing Sites



# Common Ground Academy for Peer Staff

New Jersey

January - June 28, 2016

# Common Ground Webinars

- Class 1: Orientation and Overview
- Class 2: Discovering the Healer Within
- Class 3: It's not All in my head
- Class 4: Supporting Peers in making self- directed choices

## The duty to care

Neglect      The dignity of Risk overprotect

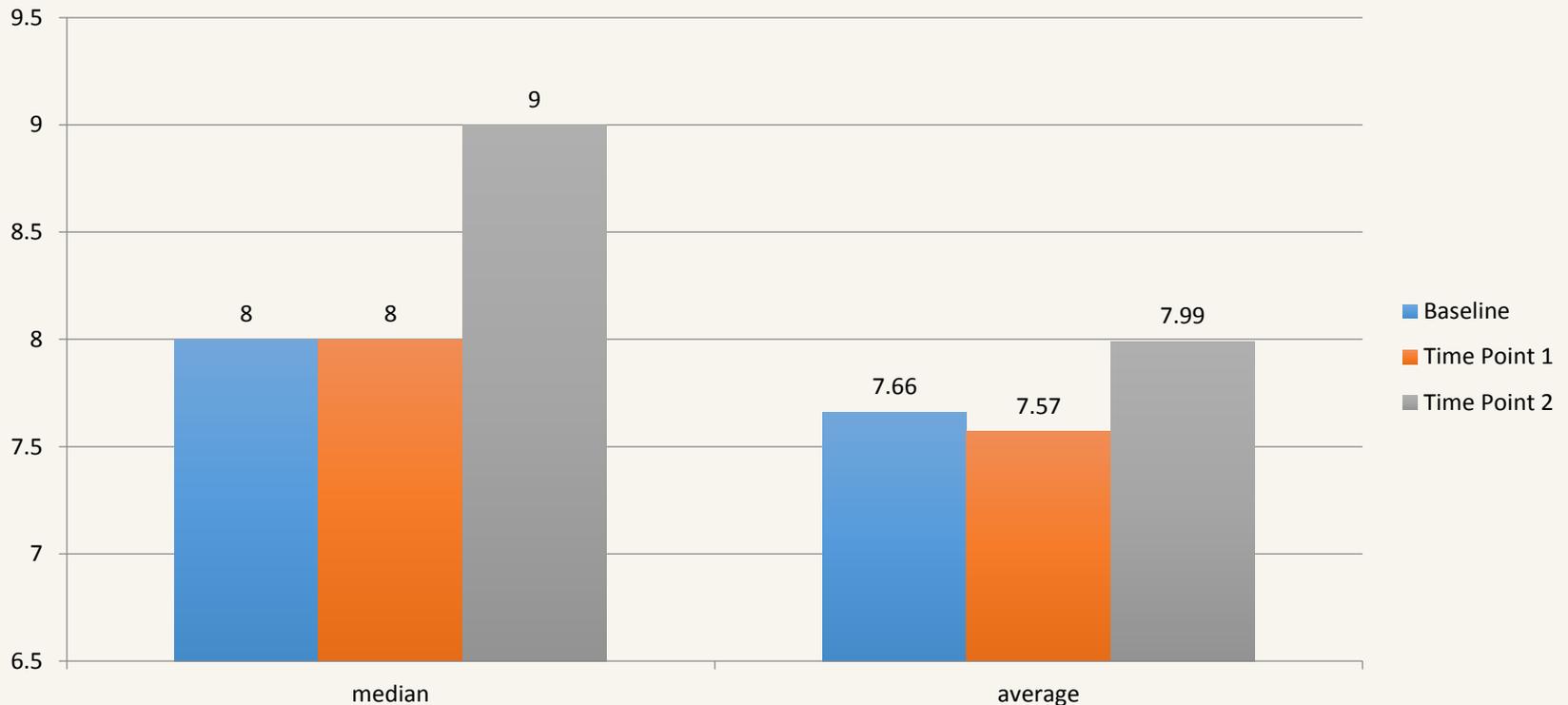
- Class 5: The Journey of Learning to Use medication in the Recovery Process
- Class 6: Supporting self-care
- Class 7: The Journey Home to our bodies  
(8 dimensions to wellness)
- Class 8: Sustain to Gain

# How Far We've Come

Our aim was to train champions from community wellness and recovery centers to use RECOVERY library to support service user choice.

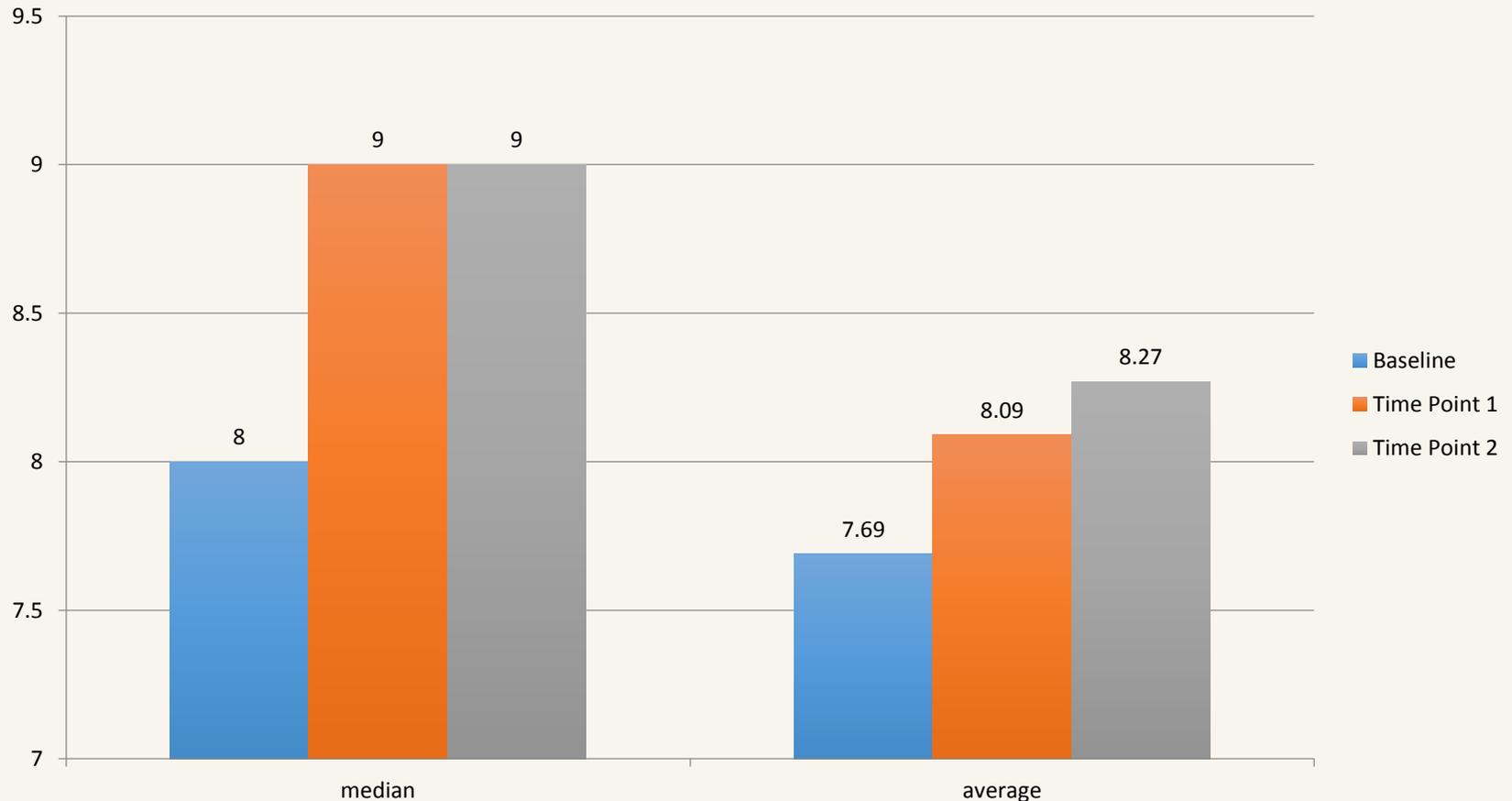
# Member Confidence

In your opinion, right now, how confident are you in your ability to access reliable recovery, health, and wellness information on the internet? (1=Very low confidence to 10=Very high confidence)



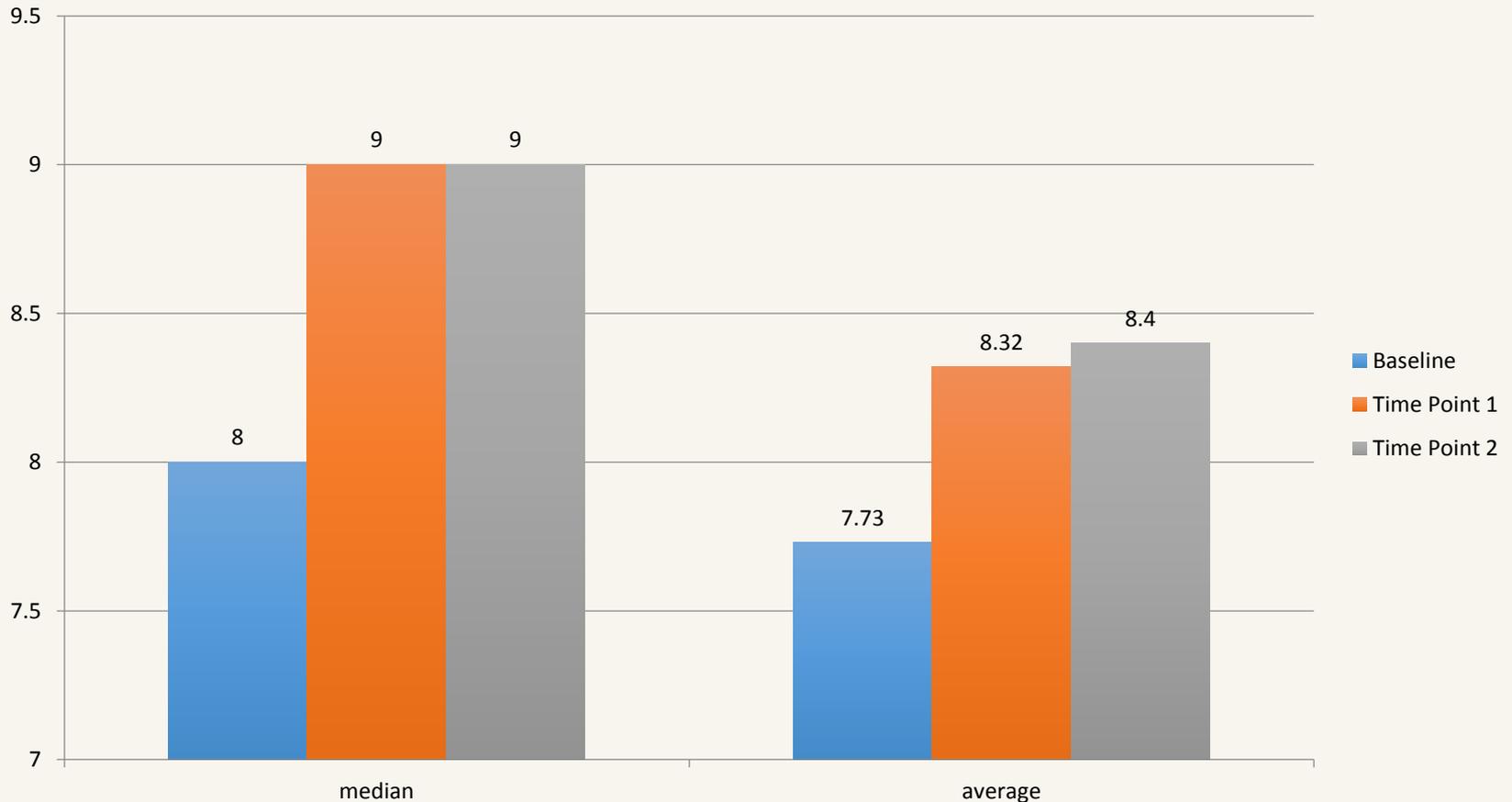
# Member Involvement

In your opinion, how involved are you with your service provider in making decisions about your recovery, health, and wellness? (1=Very low involvement to 10=Very high involvement)

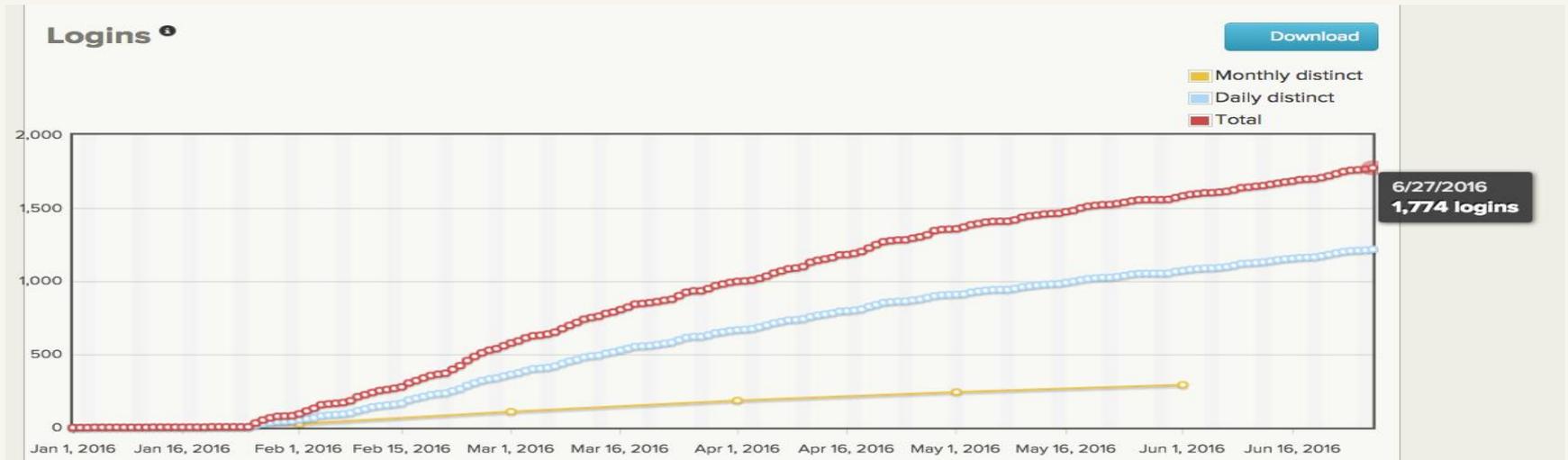
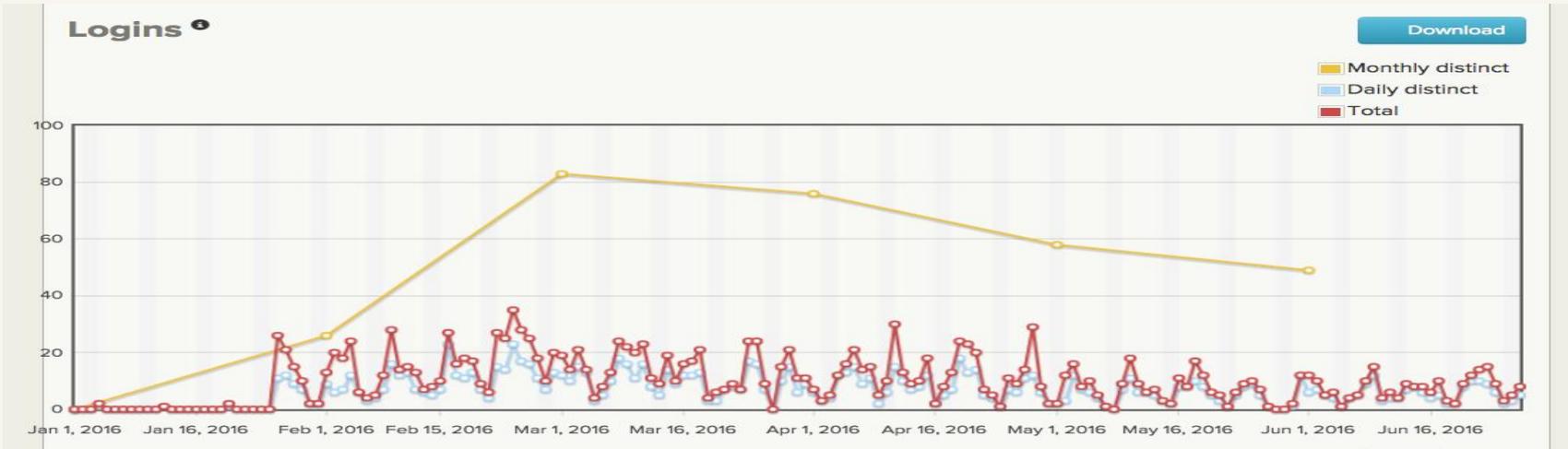


# Member Competence

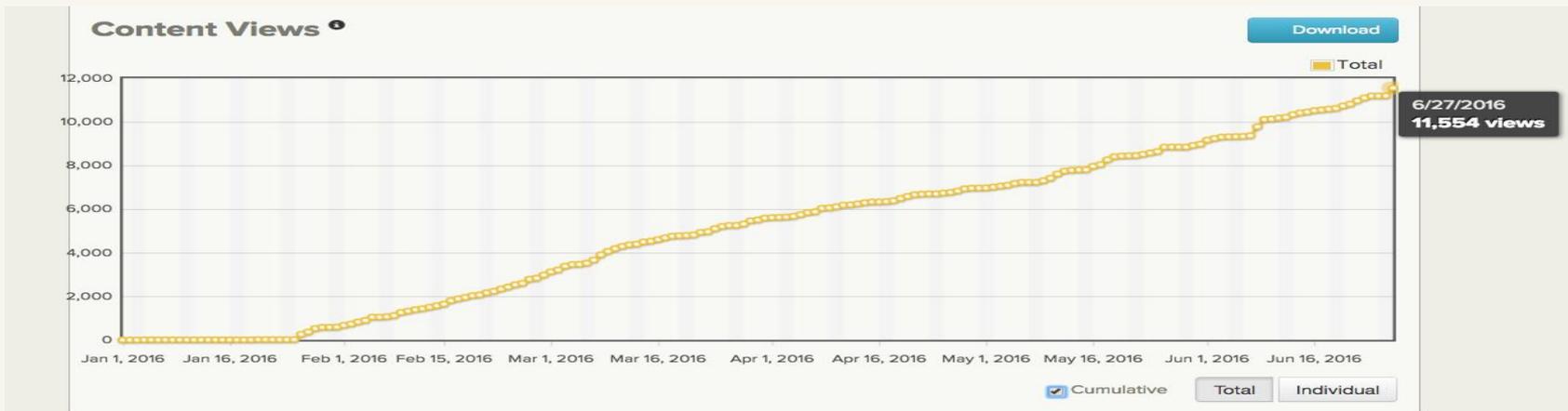
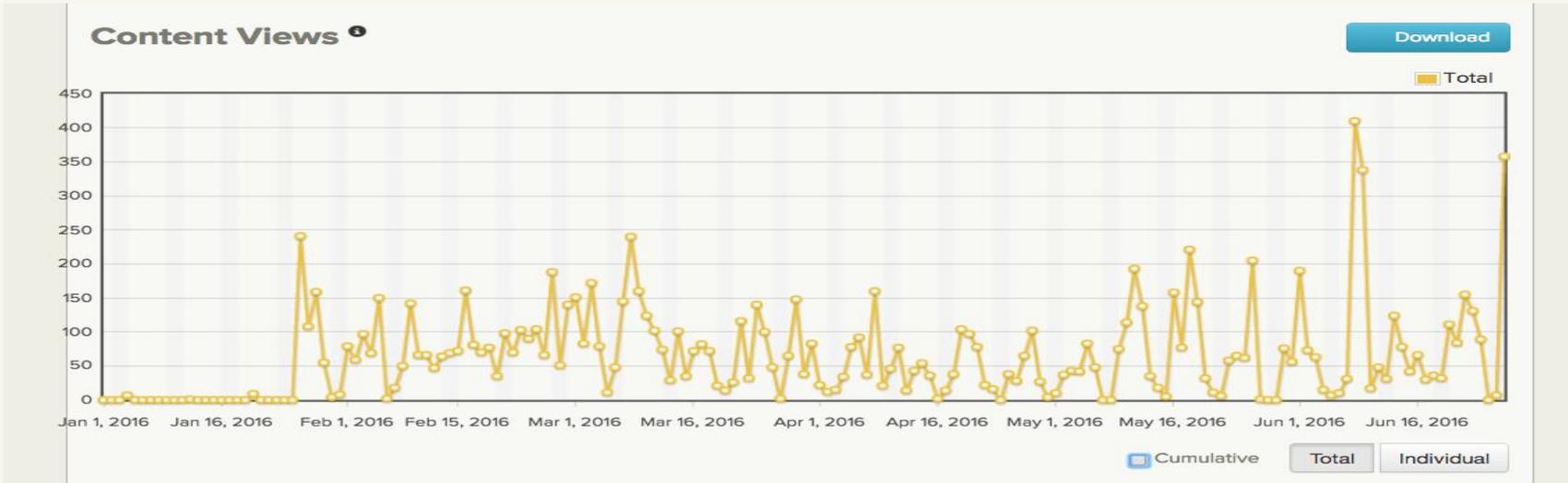
In general, how competent is your service provider in supporting your opinions and decisions? (1=Very low competence to 10=Very high competence)



# RECOVERY library Logins

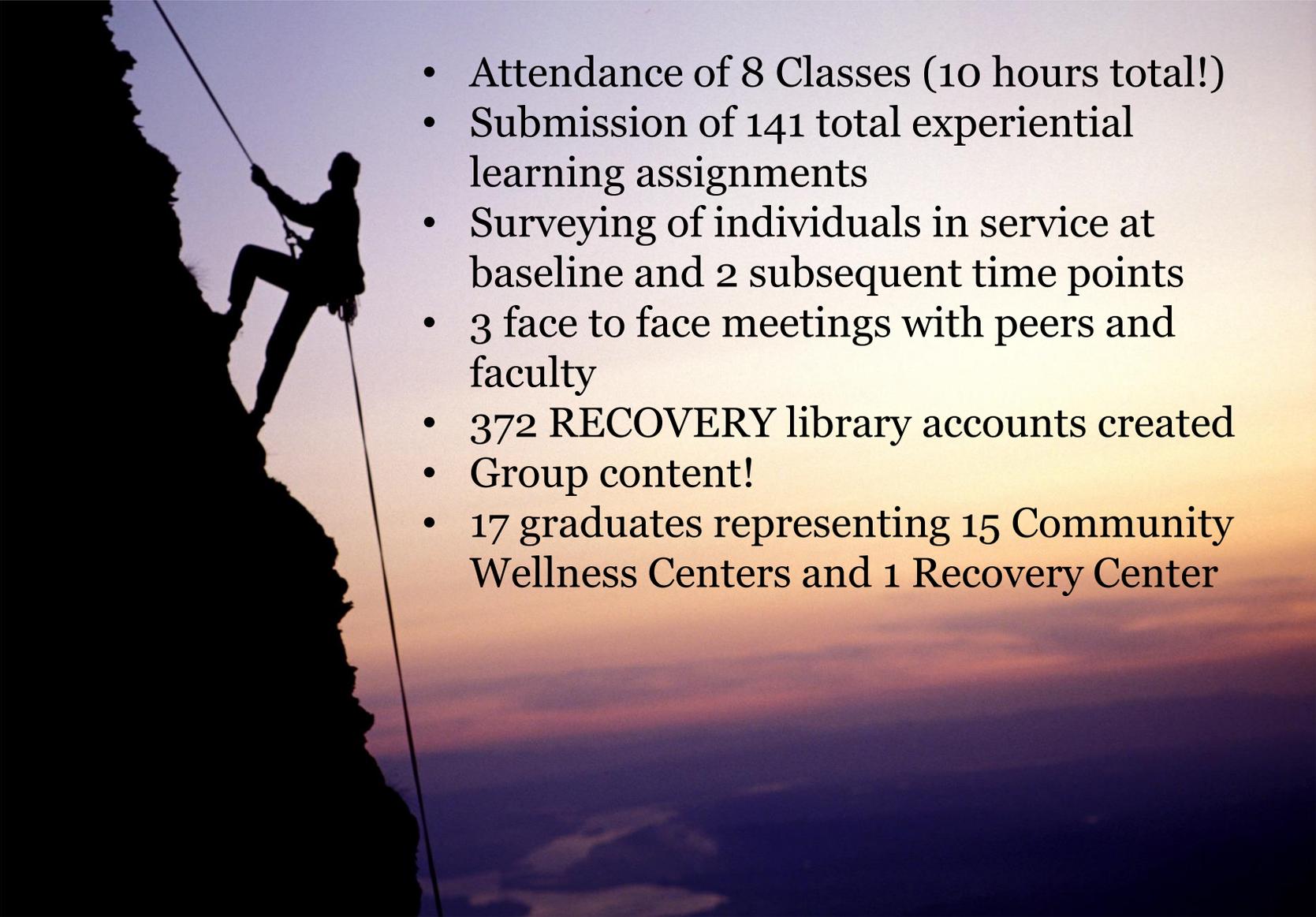


# Content Views



# Groups Created Using RECOVERY library

- Unhealthy Eating Habits
- Sleep
- Anger Management
- Negative Thinking
- Grief and Loss
- Social Anxiety
- Financial Recovery
- Power Statements
- Anxiety
- Healthy Spending
- Smoking Cessation

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- Attendance of 8 Classes (10 hours total!)
  - Submission of 141 total experiential learning assignments
  - Surveying of individuals in service at baseline and 2 subsequent time points
  - 3 face to face meetings with peers and faculty
  - 372 RECOVERY library accounts created
  - Group content!
  - 17 graduates representing 15 Community Wellness Centers and 1 Recovery Center

# Next Steps

- To proliferate this model through a plan for peer-mentoring to support sustainability and growth
- To renew our organizational membership to the Recovery Library
- To encourage and support treatment providers to embrace the concepts of Common Ground as well as utilize the resources in the Recovery Library to promote wellness and recovery for those they serve